COMING EVENTS FOR TERM 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Regional Swimming Carnival @ Corrimal Pool</td>
</tr>
<tr>
<td>Monday</td>
<td>Yr 8 Boys to Camp</td>
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<tr>
<td>Wednesday</td>
<td>Yr 7 Meet the Teacher Night</td>
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<tr>
<td>Thursday</td>
<td>Term 1 Formal Award Ceremony</td>
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WALKING TO AND FROM SCHOOL

We expect that all students behave safely and responsibly when travelling to and from school, whether they walk, are picked up by car or travel by bus or train.

We have been asked by our educational partner, Bellambi Public, that students be aware of the following and be considerate of the Bellambi Public School requests.

“Bellambi PS is not to be used as a thoroughfare in the mornings and afternoons for students walking to Corrimal High School.

Students need to walk up Cawley St and down Murray Rd. Even if they are dropping off siblings, they can do so at the Cawley St gate and then head up Cawley St.

We are happy to host high school students at our Monday afternoon assemblies.

There are some rules for entering our school site.

- When they arrive on our site all students need to sit under the COLA.
- They are not permitted to use our canteen or wander around the playground while our students are playing.
- During assembly it is expected that they are respectful, mobiles are off and they sit for the duration of the assembly.
- If students don’t comply with these rules they will be asked to leave and will not be able to attend future assemblies.”

STUDY TOUR

Thank you to the families that offered to host students from Furukawa Reimei Junior High School from Japan.

Unfortunately we did not have enough families willing to host, in the timeframe required by the organisers in Japan, to continue our part of the combined study tour. These students will now be hosted by families from Smith’s Hill High School, and will be taking part in activities at that school.

I would like to thank Smith’s Hill High school staff in being willing and able to help our school, we are all part of the larger educational family in Wollongong.

Mark King
Principal
SPORT REPORT MARCH 2014

Student volunteers
During Term 1 we have had a number of Year 9-12 students who have assisted our community of schools at their school and district swimming carnivals. I have received nothing but praise from the primary schools who have been impressed with their work ethic and cooperation. Congratulations to all our students involved, we are proud that you are representing CHS in such a positive way.

South Coast Regional Swimming
Good luck to both Patrick Vallance and Connor Phillips who will compete at the South Coast Region Swimming Championships this week.

Cross Country Carnival
The annual school Cross Country carnival will be held on Wednesday 2 April (Week 10). We have a new course that will be based mostly around our school. Stay tuned for more information!

2014 Grade Sport Competition
The 2014 Illawarra Zone Grade Sport competition will commence in Term 2. Students will have the opportunity to compete in a variety of sports against Bulli HS, Woonona HS, Keira HS and Figtree HS. Information regarding trials and sport choices will be available in the coming weeks.

Thank You
Clare St George has been baking up a storm to support her fellow Year 12 student Oscar Corby. Clare has been helping to raise money for Oscar as he was recently selected in the NSW CHS Cricket team to compete in March. Come and sample her freshly baked treats in the quad at recess next week.

Welcome
Welcome to Mr Mitchell who has replaced Mrs Wilkinson for the remainder of Term 1 in the PDHPE faculty.

Sport Quote
“The difference between the impossible and the possible lies within a person’s determination.”
Tommy Lasorda

Girls’ and Boys’ Talks – Year 7 and 8
Our once-a-term girls’ and boy’s talks have become a valued feature of our school welfare program. Thank you to Noor Zafar, our school captain, vice-captain Isabel Connelly, as well as Marley Hayman and Kristal Thickness for your confident and very personal guidance to the junior students. Speaking to the junior boys along with Mr Mar, were Jackson Williams and Oscar Corby; thank you as always for your willingness to take on a leadership role.

The talks provide an excellent opportunity for the senior students to take on an important role and develop leadership qualities. The seniors were exemplary in demonstrating these skills. They are outstanding role models and play an important part in our school life. A wonderful degree of commitment was shown from both junior and senior students.

Thank you too to Emel Ozer and Rachel Lockart for the excellent photos. They capture the avid involvement of all the girls and the respect shown by all on such occasions.

Ms Cutsforth
Girls’ Adviser
Corrimal High School is offering students in Years 11 and 12 the opportunity to complete the following **nationally accredited first aid courses** together at school:-

- HLTFA311A Apply First Aid
- HLTCPR211A Perform CPR

The course provider is **The Royal Life Saving Society of Australia**. Students completing this course can add this qualification to their portfolios which may improve their chances of gaining employment as many workplaces now require this certification.

The school has been successful at securing an excellent deal for this course at only $70 per student. This is a huge discount compared with other providers. There is a minimum number of students required to run the course. Once sufficient permission notes and money have been returned a date will be booked and the students informed.

If students are interested in the Royal Life Saving First Aid course, permission notes can be obtained from Mr. Laidler in the Science faculty. $70 is to be paid to the front office.

Mr A Laidler (HT Science)

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**YEAR 7 MEET THE TEACHER**

A “Meet the Teacher” evening will be held on **Wednesday 12th March** at 6pm in the staff common room. SRC members will greet you at the front of school.

This night is an informal opportunity for you to meet the Year 7 teachers and discuss your child’s progress transitioning into Year 7.

Sally Wood & Josh Tier
Year 7 Advisers

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**WANT TO GET INVOLVED IN AN EVENT IN YOUR COMMUNITY?**

Wollongong Youth Services is currently seeking 12 – 24 year olds to be involved in an event run by young people, for young people.

National Youth Week is from 5 to the 14 April 2014, the theme is “Our Voice, Our Impact”. We are looking for a group of creative, dynamic and engaged young people to create a Globe Lane Youth Festival.

The markets will be held on a Friday 11 April from 4pm to 8pm. There will be art, craft and fashion stalls, live music, circus acts, art and video exhibition plus more.

We want to bring talented young people to Globe Lane and provide them with the opportunity to run their own market stall, showcase their art and display the other varied talents of Wollongong's creative young.

For further information please contact Kiosha or Matt at Wollongong Youth Services 42 27 8222, via email: kgardner@wollongong.nsw.gov.au or Wollongong Youth Centre Facebook.
MESSAGE FROM THE CORRIMAL HS SCHOOL COUNSELLORS (Carol Pugh and Joan Gissing)

Recently I had the opportunity to address a gathering of CHS year 12 parents (and students) about some of the issues around the final year of HSC preparation. The following excerpt (borrowed from a colleague) gives some practical suggestions for parents to "survive" the HSC year as well!

Helping your Year 12 student through the HSC

The most obvious forms of support parents can offer are the practical, physical things:

- Provide a good place to study. Ideally it should be quiet, a comfortable temperature, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide good, balanced meals.
- Encourage sensible levels of sleep and some form of regular exercise.
- Encourage moderation in late night parties and alcohol consumption.

Less obvious but of equal or perhaps greater importance are the things you can do to provide a positive and understanding emotional environment.

- Be supportive and encouraging.
- Highlight strengths and successes. Encourage your child not to dwell on failures. Reframe failures as "mistakes" and encourage them to see mistakes as something we can learn from, something that can give positive directions for remedial action.
- Appreciate that most students will be experiencing quite a high level of stress, frequently without any obvious indicators. Many fear that they might let their family down. (Beware of setting unrealistic expectations.) Others fear that they will not be able to match the performance of siblings or relatives. There are also many pressures other than examination pressures. Many students experience a sense of impending departure: leaving home, leaving lifelong friends, the prospect of having to live in an alien city environment.
- Appreciate that it is normal for people under pressure to become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
- Avoid confrontations especially over minor matters, like leaving lights on, leaving the lid off the toothpaste and not doing chores.
- Don't panic when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot" is a good standby.)
- Avoid nagging. (That doesn't mean you can't give a nudge or gentle reminder from time to time. Note that sometimes one parent can do this more successfully than the other.)
- Encourage confidence by reassuring them. If you have doubts, keep them to yourself.
- Be realistic in your expectations as to where the HSC leads. For the majority of HSC students, university study is an unrealistic option.
- Encourage your child to seek help from teachers or the school counsellor if he or she is having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- Make reasonable concessions, such as release from some household chores as study programs become more demanding. (However, you should only do this because you want to, not as a means of "blackmail".)
- Encourage a reasonable balance between work and leisure. Planned leisure periods are an essential component of a good study program. An occasional total escape for a few days may also be excellent therapy for a student who is feeling stale or excessively stressed.
- Take an interest in what your child is doing, if he or she will allow you to (some won't). This can include the subjects or topics being studied, how he or she has organised study timetables and programs and leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
- Remember the occasional hug and "I love you" do not go astray, even when they are 18 years old.
- Encourage and allow your child to be as independent as you can possibly stand. The more independent he or she can be in meeting the demands of Year 12, the better.
prepared he or she will be to succeed at a tertiary level or in the workforce.

Having said all this:

Parents of Year 12:
Don’t feel too badly when you forget not to nag, when you get picky, and complain bitterly that your child has the time to attend the eighteenth birthday party of every Year 12 student but doesn’t have time to help with the washing up. As parents, we are only human and because we can’t help being over-involved, we also feel the pressure of Year 12 from time to time.

Year 12 students:
Try to understand when we behave in a less than supportive and encouraging way. Chances are that it stems from the fact that, as your parents, we care too much.

Some rationalisations:
Finally, it is inevitable that some students or parents will be disappointed when the HSC results finally arrive and the Year 12 student fails to achieve as well as he or she had hoped. Should this happen in your family some of the following rationalisations may be of help:

1. Tertiary education is not the only path to a successful and fulfilling life.
2. Look at how much growing up you’ve managed to do over the last two years. You are much better prepared to leave home and go out into the world now than you were two years ago. It certainly hasn’t been a waste of time.
3. If you really want to go on to tertiary education later there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.
4. Once you’ve got yourself settled into a job or a training course somewhere you’ll probably never look at your HSC again; it’ll probably just sit in the bottom drawer and gather dust.

For your information, Carol and I are both registered psychologists and available for appointments to all students at Corrimal HS. Please encourage your child to “self refer” if he/she is experiencing any problems with “stress” and/or “anxiety” (or anything else which may be affecting his/her life). We offer the opportunity for your child to have a confidential talk about the issue(s) and will implement appropriate case management. You can contact Carol at school on Mondays and Tuesdays and Joan every day except Thursdays. If we can’t speak to you straight away we will endeavour to return your call as soon as possible.

Carol and I have lots of resources for students and families and will be using the newsletter to share.

Joan Gissing
District Guidance Officer
Corrimal HS

Careers News

Defence Talks
Last Thursday, February 27th, Corrimal High hosted two Defence presentations. Over 30 young women attended the talk given by Captain Lisa Hodda and a similar number of young men were presented to by LS Keiran Billings. Students who have any defence related questions should come and see me.

Work Experience
Students who wish to gain work experience this year should approach an employer, ask for a time and then come and see me for the paper work required.

Careers Website
Many Year 10 students have now registered with the Careers One Website and can see the benefits of undertaking the careers interest test, resume templates and more. All Corrimal High students can access this website and sign up through the school website. The Careers Newsletter is also available at this site and I will be updating it weekly with courses, uni options, traineeships and more.

Careers Expo
Week 3 Term 2 Corrimal High students from Years 10-12 have the opportunity to attend the Careers Expo at Unanderra. Only 50 spaces are available and the cost is $7.50. Notes will go out in the next 2 weeks.

Mrs Littrich
Careers Adviser
What’s in your headspace?

Are you aged 12-25 years?
Want to learn more about...

- Managing stress
- Anxiety and anger
- Low mood
- Sleep
- Healthy relationships
- Healthy lifestyles

Join headspace Wollongong on Tuesday afternoons from 3.30pm-5pm for a rotating weekly group that examines the common issues facing young people.

Like all headspace services, the group is free and will be led by a headspace staff member. There will be free food available for young people to snack on during the group.

To book in or inquire about this group, please contact headspace Wollongong on (02) 4220 7660.

See you there!

headspace
Wollongong

www.headspace.org.au
WE WANT YOU!

Wonder what it’s like to officiate a football game? Love football but can’t play or train as much as you did? Want a hobby where you can earn money? Want to keep fit?

You can do all the above by becoming a Referee in our local Football Community. For further information please contact the Football South Coast office.

02 4285 6929
referees@footballsouthcoast.com

BECOME A REFEREE
MAKE A DIFFERENCE

Corrimal Rangers Junior Soccer Club Inc.

Season 2014
We are currently looking for boys all age groups and girls aged 5/6 and girls 12 and 13. Players interested in playing with the CRJSC can register online at www.myfootballclub.com.au.

Enquiries can be directed to
Mandy Booker
President
Corrimal Rangers Junior Soccer Club
Ph: 0426 507 070

Shamrocks Junior Rugby

Registration Days 2014

Wed 26th Feb & Wed 5th March 5pm - 7pm
Sunday 9th March 2pm – 4pm
Friday 14th March – from 5pm – last registration, first training session & season launch

Free Shamrock cap upon registration (while stocks last)

Fees - $90 (includes shorts, socks)
Age groups - U7’s to U17’s

New players welcome.
Registrations to be held at Ocean Park Woonona

Contact: Andrew Cracknell
Ph: 0432 944 543
Birth Certificate required for new players.